LHSAA BASIC CONCUSSION RULE

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness to have suffered a concussion.

Common Symptoms of Concussion include:

headache, fogginess, difficulty concentrating, easily confused, slowed thought processes, difficulty with memory, nausea, lack of energy, dizziness or poor balance, blurred vision, sensitive to light and sounds, mood changes—irritable, anxious, or tearful

LHSAA Adopted Concussion Management Protocol:

1. No athlete shall return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion shall be evaluated by an appropriate health-care professional that day. If one is not available, the Head Coach shall make the determination.
3. Any athlete diagnosed with a concussion shall be medically cleared by a Medical Doctor or a Doctor of Osteopathic medicine, each of which must be licensed to practice in Louisiana, prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions as determined by a Medical Doctor or Doctor of Osteopathic Medicine, each licensed to practice in Louisiana, for delayed RTP based upon return of any signs or symptoms.

Definitions Associated With New Concussion Rule

Appropriate Health-Care Professional – anindividual{s} from the following professions who are designated as the persons to diagnose whether an athlete has or does not have a concussion:

- MD – A medical doctor licensed to practice medicine in Louisiana
- DO -- A doctor of osteopathic medicine licensed to practice in Louisiana
- PA – A physicians assistant licensed to practice in Louisiana
- NP – A registered nurse practitioner licensed to practice in Louisiana
- PM – A paramedic licensed to practice in Louisiana
- AT – An athletic trainer licensed nationally or by the State of Louisiana

On-site appropriate health-care professional – an individual from one of the above named categories that are in attendance at an athletic event or practice.

RTP [Return to Play] – term used to describe the action when an athlete who has had a concussion is released by an MD or DO to return to practice or competition.

Responsible Individual – the term which designates the Head Coach as the individual to make the diagnoses whether his/her athlete has or does not have a concussion in the absence of an appropriate health-care professional.

Contest Officials Role – to recognize the symptoms consistent with that of a concussion and remove the athlete from the contest until he/she has been diagnosed by an appropriate health-care professional. [Officialsshall alwaysrule on thesideof caution with the health and safety of theathletebeing hisprimary and foremost concern].

NOTE: ONLY AN MD or DO SHALL RELEASE AN ATHLETE, DIAGNOSED AS HAVING A CONCUSSION, TO RETURN TO COMPETITION.